



**40 Maple Street
P.O. Box 187
Ellington, CT 06029**

Hours:

**Mondays:
8:30am-6:00pm**

**Tuesdays:
8:30am-4:00pm**

**Wednesdays:
8:30am-4:00pm**

**Thursdays:
8:30am-4:00pm**

**Fridays:
8:30am-1:30pm**

**Main Line:
860-870-3133**

**Transportation Line:
860-870-3137**

Meet Our Staff:

**Director:
Erin R. Graziani**

**Assistant Director:
Samantha "Sam" Baer**

**Administrative Secretary:
Alisha Goss**

**Bookkeeper:
Sue Maheux**

**Drivers:
Ken McCarthy
Jeanne Magurany
Mark Balkan**

**Transportation Secretary:
Jasbir Jutla**

Newsletter Volunteers:

**Anna Hyde
Judy Varney
Janet Wieliczka**

Maple Street Monthly

Ellington Senior Center Newsletter

Visit us online: <http://seniorcenter.ellington-ct.gov>

September 2019

Greetings!

We welcome back our fabulous volunteers who help us in the kitchen. The kitchen opens on Tuesday, September 17. We have lunch served only on Tuesdays and Wednesdays. Please review the new revised menu. We look forward to seeing you!

Gentlemen, come to the first "Guy Talk" program on September 4 at 1pm with Hartford HealthCare Tallwood Men's Health guest speaker, Dr. John Griffith. Please sign up in advance.

I would like to introduce Kristina Tedford, who will be teaching Zumba Gold. We have a free trial class on Monday, September 9 at 9am. If you are interested in signing up, please see Alisha. Also, Sam will be teaching a Tai Chi class geared specifically for people who are experiencing arthritis and issues with balance. Stay tuned for the start date.

Just a reminder, Rebecca Stack, Elderly Outreach/Social Worker, is present at the Senior Center the last Wednesday of the month in the Health Room from 10am-1pm. Rebecca will also be bringing programs to the center. Look inside for more info.

On September 24 at 1pm CRIS Radio presenter, Laura Boogaert, will be here to inform us about this interesting program and the latest in technology.

The next Volunteers Meeting will be held on Thursday, September 12.

Please check out the new bulletin boards in the café and the new look in the Information Center that advertises our programs.

Sincerely,
Erin R. Graziani,
Senior Center Director



Like us on
Facebook!

***Ellington Singers Return!
Wednesday, September 4
Group Meets: 10am-11:30am
New Members Welcome!***



***Monthly Music with
EHS is back!***

**MONTHLY MUSIC
WITH EHS**

**Thursday, September 5 at 2:45 pm
See Inside for details**

***OUR
MISSION:***

The Ellington Senior Center is a place that provides an environment for an individual age 55 years plus to enhance a healthy lifestyle that maintains independence, dignity, self respect and productivity through participation in recreational, social, educational, informational, and healthy activities and programs.

SPECIAL EVENTS - Sign up in the Info Center for the Following Programs:



*Welcome Back
Ellington Singers!*
Wednesday, September 4

This group meets Wednesdays, 10am-11:30am, September-April. They perform at nursing homes, the library, and the Senior Center during the year and in our Annual Spring Musicale. New members welcome through October 9. Fee: \$10 annually.

**Hartford
HealthCare**
Tallwood Men's Health

"GUY TALK"
Wednesday,
September 4
1:00 pm



Special Guest: John Griffith, MD

Come learn about health issues affecting men, including prostate health, bothersome urinary symptoms, and erectile dysfunction. Q&A to follow.

Monthly TED Talks

Join us for a brief video, followed by discussion:

**Tuesday,
Sept. 10
1:00 pm**



Brain Researcher, Jill Bolte Taylor studied her own stroke as it happened and has become a powerful voice for brain recovery. Her inspirational story & message is about the wonder of being human.

"We don't grow into creativity, we grow out of it. Or rather, we get educated out of it."
Sir Ken Robinson



**Tuesday,
Sept. 17
1:00pm**

**Wednesday,
Sept. 25
1:00 pm**



Ash Beckham

How to Master Real Conversations
in an Age of Combativeness

Card Making with Kay Luginbuhl
Thursday, September 5
1:00 pm



Volunteers are needed to join Kay in making greeting cards on the first Thursday of the month. Materials and instruction provided. Cards will be used for the Senior Center to send to members, as appropriate.

You are also welcome to come make cards for your personal use for a small fee. Cost TBD.

Monthly Music with EHS is Back!
Thursday, September 5 at 2:45 pm

**MONTHLY MUSIC
WITH EHS**

Accomplished members of the EHS Jazz Band, Wind Ensemble and Vocal Groups will be performing a variety of music on the first Thursday of the month.

The group is facilitated by Ayushman Choudary, Carnegie Hall performer, International Gold Medalist, and UConn Scholarship recipient.

Check out our new fitness offerings coming this fall:

ZUMBA GOLD

Free Trial Class Monday, September 9 at 9:00 am
Classes begin Monday, September 23

TAI CHI

Stay Tuned ... Coming Soon!

See the Health, Wellness & Fitness Page
for more information on these programs.

Listening Lab
With Patricia Stoughton



Wednesday, September 11 at 1:00 pm

This is a new monthly program on the second Wednesday of the month. Pat invites you to sit and listen to a variety of music, from opera to classical.

**Volunteer
Meeting**

Thursday, September 12
1:00 pm

Facilitated by: Erin Graziani,
Director

All members of the Ellington Senior Center are invited, encouraged and welcome to participate in these meetings. Suggestions welcome.

Acceptable Forms of Payment for all Programs/
Classes: Cash or check, made payable to: SCAF
(Senior Citizen's Activity Fund)

SPECIAL EVENTS—See Additional Details in Flyers in Information Center

GRAND REOPENING

Maple Street Café
Tuesday, September 17

The Kitchen will be open Tuesdays & Wednesdays
11:00 am-12:30 pm. Check out our new menu!

History For Fun

Wednesday, September 18
1:00pm

Please sign up in the Information Center



AARP Members \$15,
Non-AARP Members \$20.
Stop in or call to register.
Space is limited.

Date	Time
Thursday, September 19	9:00 am—1:00 pm
Thursday, October 17	9:00 am—1:00 pm

Want To Learn More About Technology?

TUESDAY, SEPTEMBER 24

1:00 PM

Presented By: Laura Boogaert

Get a brief overview of what CRIS Radio is. You will be provided a technology guide that provides simple, step-by-step instructions on how to get the most use of various internet-connected devices.

Sign up in the Info Center.

Medicare: What You Need to Know

Thursday,
September 26
1:00pm

Presented By:

Urania Reyes, CHOICES Regional Coordinator

Facilitated By:

Rebecca Stack, Elderly Outreach / Social Worker



#FirePreventionWeek

LOOK. LISTEN. LEARN.

**Be aware.
Fire can happen anywhere.**



Presented By: Dennis Varney

Thursday, October 3

1:00 pm

Sign up in the Info Center



**Wednesday,
October 23
1:00 pm-3:00 pm**

Sponsored by:

The North Central District Health Dept.

Pre-Registration Deadlines:

65+High Dose: Before September 3
Standard Vaccine: Before October 15



HOLIDAY CRAFT FAIR

SATURDAY, DECEMBER 2

MORE INFORMATION COMING SOON!

MARK YOUR CALENDAR!

ELLINGTON SENIOR CENTER

40 MAPLE STREET, ELLINGTON, CT



Volunteer Meeting
Thurs. 9/19 10 am

HEALTH, WELLNESS & FITNESS

The rates for our fee-based classes are listed below. If you need more information about any of the classes, please speak with one of the front desk volunteers or a staff member. See the calendar page for schedules.



COME FOR A FREE TRIAL CLASS ON 9/9!

Instructor: Kristina Tedford

Mondays 9:00am-9:45am

4 week session: 9/16, 9/23, 9/30, 10/7

Residents \$20 Non-Residents \$24

Walk-in rates will be available for this session only:
Residents \$7, Non-residents \$8



Instructor: Sam Baer

Residents: Free

Non-Residents: \$3



Start date and time TBD.

This will be a slow, gentle class, suitable for all, especially those with arthritis and issues with balance. You may participate standing or in a chair. All levels are welcome.

Fitness Classes with Linda Stein

See Calendar for Schedule

Chair Exercise

Mondays, Tuesdays & Thursdays

10:00am-10:45am

Residents \$4 Non-Residents \$5



Simple Circuit^{*, #}

Tuesdays & Thursdays

11:00am-11:45am

Residents \$7 Non-Residents \$8



CrossSculpting^{*, #}

Tuesdays & Thursdays

5:30pm-6:30pm

Residents \$7 Non-Residents \$8



All classes are offered on a walk-in basis.
Dress comfortably and bring a water bottle.
* Session discount available - see instructor
Bring a mat

Hand Massage

Call for an appt. with volunteer, Kay. Free

Podiatry Clinic

Wednesday, September 4, 9am-3pm

Fee Applies.

For more info or to schedule an appointment call
Kathy Brennan at Pedicare: 860-202-3021.



YOGA

Instructor: Sam Baer, RYT200

Friday Mornings - See Calendar for Schedule

Mat Yoga Class: 9:00 am

Chair Yoga Class: 10:30 am

Residents: Free

Non-Residents: \$3

Bring your own mat.

All levels welcome. Walk-in



CHAIR YOGA

Mindful Meditation

This September, drop in weekly on Mondays at
3pm for a 30 minute guided meditation &
relaxation exercise with Sam. Free.

Advanced Line Dancing

Instructor: Nicole Gagne

8 Week Session Rates (no walk-ins, max 20):

Remaining Dates: 8/26, 9/9, 9/16, 9/23, 9/30, 10/7

Residents \$40

Non-residents \$48

Ask the Nurse

Tuesday, September 10

12:30pm-2:00pm

Do you have a question about a condition or illness?

Need info on a health topic? Need your blood pressure
or blood sugar checked? Walk-in on select dates. Free



TRANSPORTATION

EMATS: Ellington Medical Appointments Transportation Services Transportation for Non-Emergency Medical Appointments

HISTORY

Transportation services began in 2001 for social programs. In 2003, transportation services expanded to provide rides to residents for medical appointments under our EMATS (Ellington Medical Appointment Transportation Services) program. EMATS is partially funded by a grant received by North Central Area Agency on Aging (NCAAA). Funded in part, by the "Older American's Act."



TRANSPORTATION HOURS, SCHEDULING, & FEES

Transportation Services are offered five days a week for social activities and medical appointments.

Please call the Transportation Line at 860-870-3137

to request a "Transportation Packet" that provides you with the program's rules and regulations, or to make an appointment.

Normal hours for medical transportation are offered:

Monday – Thursday:

9:00 am-2:30 pm,

Fridays: 9:00 am-10:30 am.

The Annual Suggested Donation for Transportation is \$30.00.

A \$3.00 donation fee per round trip is suggested and appreciated.

SHOPPING

**Big Y &
Stop and Shop,
Every Friday**  

We'll bring your groceries in.

Got errands & need a ride?

We can help!

My To-Do List

Date	✓	Item
	<input type="checkbox"/>	Senior Center
	<input type="checkbox"/>	Town Hall
	<input type="checkbox"/>	Library
	<input type="checkbox"/>	Doctor's Appointment
	<input type="checkbox"/>	Physical Therapy
	<input type="checkbox"/>	Grocery Store
	<input type="checkbox"/>	Bank
	<input type="checkbox"/>	Post Office

REGISTRATION & PAYMENTS

Several of the programs offered are free and members are welcome to attend on a walk-in basis. Some programs require pre-registration and will be stated as such in the description.

Sign-up sheets for these programs will be located in the **Information Center**. Please ask the receptionist if you need help. Program registrations are accepted on a first come, first served basis, with preference given to Ellington residents. Please see the Administrative Secretary for programs requiring payment. Partial payments are not accepted unless otherwise specified.

IMPORTANT:

All payments for programs are non-refundable, and make-up classes are not permitted unless the Senior Center cancels.

MEMBERSHIP

The Ellington Senior Center is open to those age 55 and older. All program participants must have a current **Annual Registration** on file. Currently, there is no membership fee to join; however, certain programs may require payment and/or pre-registration.

We ask that you sign in using your "My Senior Center" card for each program you attend.

Program Survey Update:

Thanks to everyone who has completed our Annual Program Survey. We will continue to accept completed surveys with new and renewed membership applications.

Keep an eye out for upcoming workshops and seminars in 2019-2020 based on the results!

Copies of the Handbook & Operating Procedures for Senior Center Programs, forms, and detailed/updated information on all programs, special events, trips, and volunteer opportunities can all be found in the Information Center and online at:
<http://seniorcenter.ellington-ct.gov>

2019 TRIPS

DAY TRIPS: Payment is due in full upon signup for all day trips.

OVERNIGHT: Deposit is due upon sign-up. Each trip flyer indicates when full payment must be made.

Flyers will be posted in the Information Center and on our website as they become available.

Sign up is available as soon as the trips are posted. Early sign up is recommended.

For more information, or to sign up for a trip, see our Administrative Secretary, Alisha.

All trips are subject to change and are non-refundable unless the Senior Center cancels.

Acceptable forms of payment for all trips: Cash or check made payable to:

SCAF (Senior Citizen's Activity Fund); Credit cards may be accepted for cruises.

DATE	DAY TRIPS		COST
Sunday, October 20, 2019	Barry Manilow Tribute, Log Cabin, Holyoke, MA Featuring Jonathan Elgart and a Bountiful Sunday Brunch. LAST CALL!		\$85
Sunday, December 8, 2019	Christmas Light & Song, Springfield, MA Student Prince German Restaurant with Holiday Carolers, MGM Casino, Bright Nights at Forest Park. Limited seats remaining.		\$96
OVERNIGHT TRIPS & CRUISES ***Call Friendship Tours to book this trip: 1-800-243-1630			
February 2, 2020 - February 16, 2020 ***	Escorted Western Caribbean Cruise from NY aboard Norwegian Bliss. Itinerary: Port Canaveral, Great Stirrup Cay, Ocho Rios, Grand Cayman, Roatan, Harvest Caye, Costa Maya, Cozumel. Incl. transport.		Starts at \$1799
April 25, 2020 - May 2, 2020 ***	California Coastal Cruise including round trip flight to LA, 7 nights aboard Royal Princess, San Francisco, Monterey, San Diego, Ensenada Mexico.		Starts at \$2149
September 1, 2020 - September 17, 2020 ***	Escorted Trans-Atlantic Cruise on Royal Caribbean's Brilliance of the Seas. Sail Amsterdam to Boston. Norway, Iceland, Greenland. 17 days/15 nights.		Starts at \$2999
November 5, 2020 - November 15, 2020 ***	Escorted 7 night Hawaiian Islands Cruise on NCL's Pride of America. Includes roundtrip transportation, accommodations, and sightseeing. Honolulu, Oahu; Kahului, Maui; Hilo, HI; Kona, HI; Nawiliwili, Kauai, USS Arizona Memorial & USS Battleship Missouri, and more!		Starts at \$4999

**{ Happiness is... a road trip
with friends! }**



STAY TUNED!

**OUR 2020 TRIPS WILL
BE COMING SOON!**